

FREDERICK COUNTY COMMISSION ON AGING MINUTES
Winchester Hall
May 9, 2016

COA MEMBERS	DOA STAFF	EXCUSED	UNEXCUSED	GUESTS
Mary Beachley	Kitty Devilbiss	Ernell Graham		
John Brown	Sue Ramsburg	Randy McClement, Mayor		
Elizabeth Chung	Carolyn True			
Carol Haag				
M.C. Keegan-Ayer				
Tom Lawler				
Dianne Lewis				
Ann McDermott				
Tish Raff				
Marie Reeves				
Katie Rhinehart-Hemler				
Thea Ruff				
Leslie Schultz				
Bobbie Speace				
Sandra Wastler				

- I. **Call to Order** – Dianne Lewis called the meeting to order at 1:02pm.
- II. **Welcome & Introductions** – Dianne welcomed all attendees. She asked the Commission members to introduce themselves.
- III. **Action on the Agenda** – No new agenda items.
- IV. **Approval of Minutes** – The minutes of the April 11th meeting were approved with one correction. Sandy Wastler asked for a correction on page 4, the last paragraph. The last two sentences are rephrased

to state “The purpose of this committee is to find out where the seniors are meeting and to develop a contact list of organizations, clubs, churches, senior centers, and activities supported by seniors of Frederick County. Sandra asked that if anyone is aware of senior groups, please get in touch with her with contact information.” A motion was made to approve the minutes with changes and the motion was seconded. All were in favor.

- V. Proclamation, Margaret Nusbaum, Special Administrative Director** – Margaret was here today to present the Proclamation as Executive Jan Gardner was in a meeting and could not attend. She read the Proclamation to the audience and presented it to Dianne.

Distinguished Volunteer Service Award, Margaret Nusbaum, Special Administrative Director – Dianne thanked volunteers for their dedicated services to the senior population. Those recognized at today’s meeting:

Rosario Campos

Rev. Peter Sum

Joanne Catrell

Melanie Cox

Dana French

Sandy Cox

David Keyes

Shirley Moore Grier

Fu Lin Tsai

Dr. Matthew Nipsen

Dottie Engle

- VI. Director’s Report, Carolyn True** - May is Older Americans and the Department has had some special events to recognize it. Law Day was held on Tuesday, May 3rd at all the senior centers. This was an opportunity for individuals to meet with a pro bono attorney to complete an Advance Directive. This is an important document regarding end of life planning. The event was held in partnership with the Frederick County Bar Association and is an annual event.

The theme for Older American month this year is “Blaze a Trail”. The Department has initiated the *Stepping On* program which is a fall prevention/education program to help individuals with their balance and gait and to become safer in their homes. There will be trained leaders to provide this training and the program will start at the Emmitsburg Senior Center. There are currently twelve participants.

The Department is partnering with the Parks and Recreation Department to promote a “Passport to Family Wellness” initiative. It

gives individuals an opportunity to walk all of the county parks. Wegman's is offering a prize to all participants.

Each of the senior centers will be participating in walking clubs. The theme is "Walk Across Maryland". Participants will walk the amount of miles from one end of the state to Ocean City.

There will be a Garden Party at the Urbana Senior Center this month. It will be held on Wednesday, May 25th.

The Area Plan will be presented to county staff for their review. It was due to the Maryland Dept of Aging by Friday. Comments are welcome by the Commission members. The process is moving forward so that funding can be in place by July 1st.

- VII. United Seniors of Maryland, Tish Raff** – Tish stated that the web is up and functioning. The website address is www.unitedseniorsmd.com. Last month's meeting focused on two topics and one was fall prevention. A representative from DHMH presented a slideshow of information on fall prevention and related statistics. Falls result in physical as well as financial costs. Four key ideas to prevent falls are regular exercise, vision check, medication check, and making the home safer. One of the exercises recommended for balance is Tai Chi. The state offers Tai Chi training for those interested in offering instruction. Kitty Devilbiss stated that the Frederick and Urbana Senior Centers both currently offer Tai Chi classes.

The second topic was a legislative report from Virginia Crespo which highlighted the bills that the USM supported that passed. Tish reviewed the bills that passed. United Seniors gives the seniors of Maryland a larger voice and it is helpful to be a part of it.

VIII. New Business -

- IX. Communications and Outreach, Sandra Wastler** – This group will be meeting again on this Thursday. They will continue to develop a contact list and will be including service providers to the list. This will be used to reach out to the senior population to inform them of activities of the CoA and the Dept of Aging. It will be used to gather information from the public on what their needs may be. Dianne asked Commission members to each go and visit a senior community to garner interest. Marie Reeves suggested that the CoA meetings be held at a location that is more easily accessible to the senior population. Holding monthly meetings at varying locations may be confusing for the public audience. The location should offer free parking and/or access to the bus line. Another suggestion was for a

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location large enough for an audience. It was also suggested that meetings be held at more culturally diverse locations. It is most important for the public to know that these Commission meetings are open to the public.

Public Policy, Ann McDermott – No report at this time. She and Dianne will meet to discuss direction of this committee.

Health, Mary Beachley – Mary stated that this group had submitted a draft purpose statement at the recent retreat. During the retreat there was a health discussion regarding the lack of access to fitness opportunities in the western portion of Frederick. The group has drafted a letter to Frederick City Mayor and Aldermen regarding the need for fitness opportunities for senior individuals. The letter includes a request for the City to include the needs of senior health when planning recreational sites in new development. This letter was sent to Commission members for review. There was considerable discussion on whether to move forward with this letter. Margaret suggested that the Commission share a draft of the letter with the County Executive as a professional courtesy since the Commission is appointed by the County Executive office. A second suggestion was for the Commission members to attend Liveable Frederick meetings and present suggestions for senior issues at these meetings. This is an initiative to suggest and plan the future of Frederick County. Carol Haag stated that on May 24th R.S.V.P is inviting older adults to help with planning survey collection at the local libraries. This event will be held at Dutch's Daughter from 9am until 11am. This would be a great opportunity for the Commission to distribute information. This event is sponsored by R.S.V.P. to encourage senior participation in the Liveable Frederick initiative. Dianne will forward the letter to the County Executive for her input and review before forwarding to the Mayor. Carolyn asked that a copy of the letter also be sent to the Dept of Aging.

Aging in Place and Community, Thea Ruff – Thea stated that this is a work in progress. She is requesting more members for this committee. There has not been a meeting for this group at this time.

Business Task Force, Tom Lawler – Tom stated that there was a recent forum for agencies which provide transportation to and/or have transportation issues for senior individuals. The forum was well attended by different local agencies and ideas/issues were discussed. One issue mentioned frequently was individuals who need someone to accompany them during transportation. There are no future meetings scheduled at this time, but communication will remain open. The BTF met the Friday after the forum and will

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continue to work on options for transportation and companion services for medical appointments.

Program Planning, Dianne Lewis, Leslie Schultz – Leslie sent an email to Commission members with some suggestions for topics for future meetings. She would like to create a calendar of speakers and topics for future meetings. She will also start a Facebook page for the Commission. She will start looking for appropriate venues for future meetings. Dianne stated meeting information will also be in the Frederick NewsPost.

X. Announcements -

Marie announced that Sue Adams will be resigning from Frederick Community College which may leave the ILR (Institute for Learning in Retirement) program without a strong leader. She suggested that the Commission create and submit a letter to FCC to encourage the continuation of this valuable program. Marie will draft a letter and forward to Dianne.

Carol expressed kudos to Leslie on the article in the NewsPost regarding S.O.A.R. and its success. Leslie agreed that it was a well-written article which she hopes will encourage their continued success.

Leslie announced that Frederick Memorial Hospital will be holding its second annual Ask an Expert program tomorrow. It will be held at FMH Crestwood. There are almost eighty seniors registered to attend.

XI. Public Comment – No public comment.

XII. Adjournment -

Dianne thanked everyone for attending today's meeting. The meeting adjourned at 2:10 pm.

Respectfully submitted,

Susan M. Ramsburg
Recording Secretary